



NUTRITION FACTS

Serving size 4.56 g (0 oz)
Servings per container 140

Amount per serving	
Calories 210	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat .5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	4%
Sugars 3g	
Includes 0.0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 239mg	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Ingredients

Brown Rice (Water, Brown Rice), Soybeans, Carrots, Onions, Seasoning (Whey, Salt, Soy Sauce (Soybeans, Wheat, Salt), Corn Starch, Yeast Extract, Burnt Sugar, Modified Corn Starch, Cellulose Powder, Onion Powder, Soybean Oil, Sunflower Oil), Soybean Oil.

Allergens

Milk, Soy, Wheat

Case Specifications

Product code	78001
GTIN	00856235005187
Pack Size	8 x 5 lb. bag
Tie High	10 x 5
Weight	40.00 lbs. (Net); 42.00 lbs. (Gross)
Case L,W,H	15.63" x 11.63" x 12.00"
Cube	1.26
Serving Size	4.56 oz.
Servings Per Case	140 servings
Shelf Life	Frozen 18 months at 0°F +/- 10°F.
CN Equivalency	CN Equivalency = 1 G & ¼ cup V (Serving size = 4.56oz)

Preparation and Cooking

HEATING INSTRUCTIONS:

Convection Oven: Keep product frozen until ready to cook. Preheat oven to 350°F. Pour contents of 5-pound bag into 2-inch deep hotel pan. Add 1½ cup water and cover pan with foil. Place on the center rack in the oven and cook for 25 minutes. Stir product and replace foil, cook for an additional 25 minutes.

Conventional Oven: Keep product frozen until ready to cook. Preheat oven to 400°F. Pour contents of 5-pound bag into 2-inch deep hotel pan. Add 1½ cup water and cover pan with foil. Place on the center rack in the oven and cook for 30 minutes. Stir product and replace foil, cook for an additional 35 minutes.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Reheat to an internal temperature 165°F. #8 scoop size is recommended. Portioning size may vary by individual practice.